



# LIVE WELL CHALLENGE 2006

## JULY 06

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
 10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		30
31						




July 10  
Registration Opens



July 29  
Registration Closes

## AUGUST 06

M	T	W	T	F	S	S
	1	2	3	4	5	6
 7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## SEPTEMBER 06

M	T	W	T	F	S	S
				1	2	 3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Challenge Begins/Ends



End of Week Four – did  
you meet your goal?  
If yes, **Good Job!**  
If no, don't worry. Take  
some time and reenergize!



Team member deadline to report weekly points  
to Team Captain (by 5:00 PM)





Team Captain deadline to report weekly  
points (by midnight)



October 18  
Awards Ceremony and  
Health & Benefits Fair

## OCTOBER 06

M	T	W	T	F	S	S
						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17		19	20	21	22
23	24	25	26	27	28	29
30	31					

206-263-7333 or [livewellchallenge@metrokc.gov](mailto:livewellchallenge@metrokc.gov)